

OSSAA REGIONAL XC CHAMPIONSHIPS



Class 3A, 4A, and 2A
Saturday, October 18, 2025
Heritage Hall Cross Country Course · Oklahoma City, OK

SCHEDULE

3A Division

Coaches' Meeting – Tennis Stadium: 8:30 A.M.
3A Boys – 9:00 A.M.
3A Girls – 9:45 A.M.
Awards – Visitor side of Football Stadium (on track): 10:30 A.M.

4A Division

Coaches' Meeting – Tennis Stadium: 10:30 A.M.
4A Boys – 11:00 A.M.
4A Girls – 11:45 A.M.
Awards – Visitor side of Football Stadium (on track): 12:30 P.M.

2A Division

Coaches' Meeting – Tennis Stadium: 12:30 P.M.
2A Boys – 1:00 P.M.
2A Girls – 1:45 P.M.
Awards – Visitor side of Football Stadium (on track): 2:30 P.M.

AWARDS & STATE QUALIFICATION

Top 15 Individual Places
Team Plaque for 1st Place

State Qualification:

4A – Top 6 teams + Top 7 individuals not on a qualifying team
3A – Top 5 teams + Top 7 individuals not on a qualifying team
2A – Top 5 teams + Top 12 individuals not on a qualifying team
Any runner who medals at the regional meet automatically qualifies for State.

REGISTRATION

- All entries must be submitted online via ok.milesplit.com.
- Teams may enter up to 7 runners per division.
- For issues with MileSplit accounts, contact Daniel Everett (MileSplit) – Daniel.everett@flosports.tv.

TICKETS

- Digital Tickets: \$7.00 + \$1.35 service fee
- Cash Tickets at Gate: \$10.00
- Tickets can be purchased online through the OSSAA website at www.ossaa.com

TIMING & OFFICIALS

- Timing provided by Tim Thompson (OK Runner) – okrunneredmond@att.net
- Starter: Kelly Brown (starter for the Oklahoma State Meet).

ENTRY

- Spectators & Buses: Enter via the main gate off NW 122nd Street or the Oakley Gate off NW 115th Street.
- Spectator Access: Enter through the main entrance of the McClendon Athletic Center for easiest access to the course.

PARKING & TEAM CAMPS

- See attached parking maps for details.
- Bus Parking: Around the oval area marked on the map.
- Spectator Parking: Any available parking space on campus.
- Team Camps: See attached maps for designated camp areas.
- Chick-fil-A Setup: South side of the Tennis Center.

COURSE PREVIEW

- Friday, 12:00–4:00 P.M. – Course open for preview. Due to a home football game, the track portion of the course will NOT be open for preview. ---
- Saturday, course will be open at 7am for walk thru.

COURSE & FACILITIES

- Course: Same as the Charger Invitational.
- Restrooms near the Tennis Center and MAC.
- Awards presented on the visitor side of the Football Stadium, on the track.

FIELD RESTRICTIONS

- Coaches and athletes are not allowed on the track or football/game field except during the awards presentation.
- All participants and spectators must remain outside the fence to protect the finish area and ensure safety of competing athletes.

UNIFORMS & CONDUCT

- Runners must wear matching school-issued singlets and shorts. Undergarments do not need to match.
- Coaches and spectators must remain outside the competition area during races.

CONTACT INFORMATION

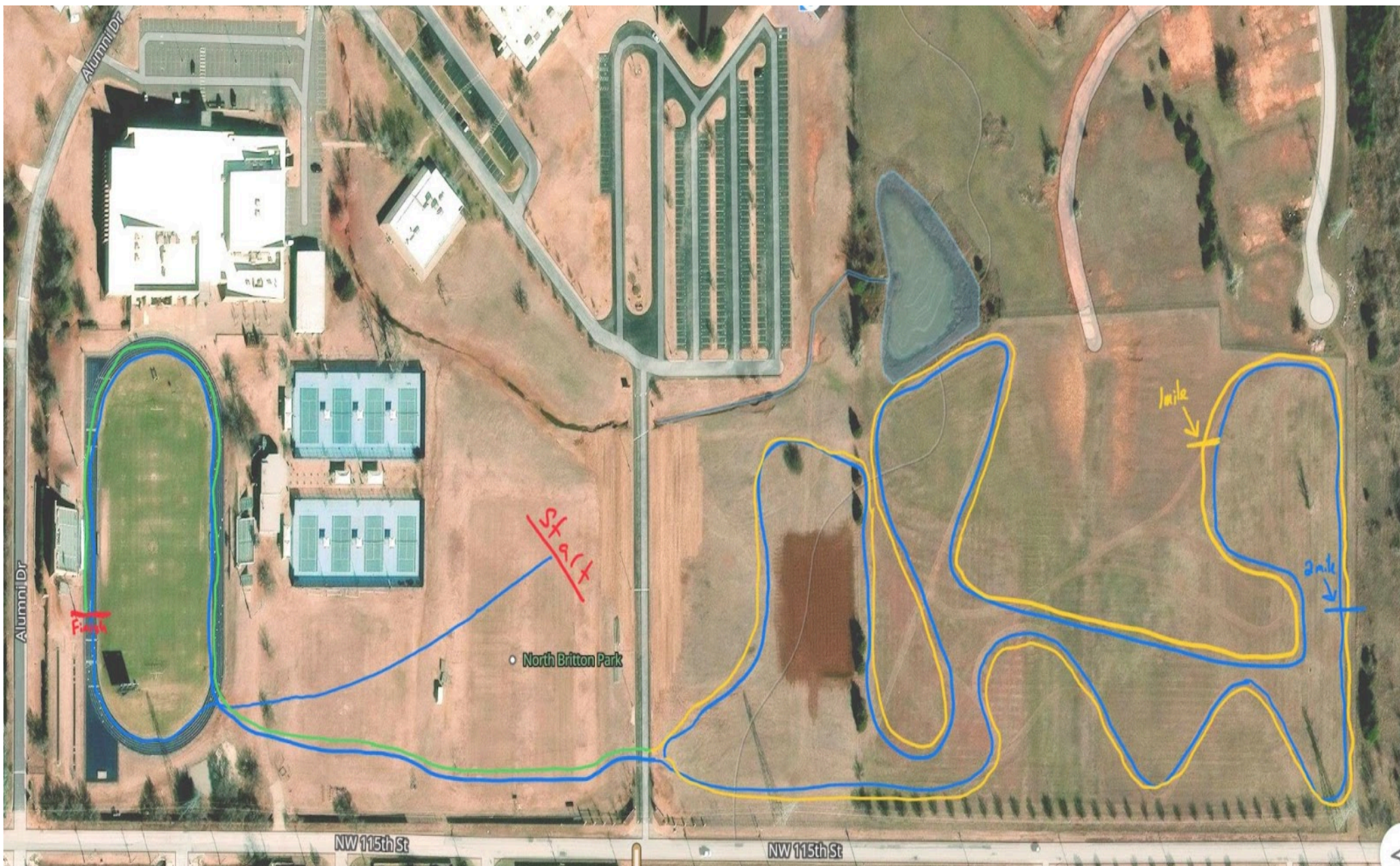
Meet Director: John Champney – (704) 968-9678 – jchampney@heritagehall.com
Athletic Director: Chris Gfeller - (405) 749-3040

See Attached Parking & Team Camp Maps for Details

Heritage Hall XC - High School HS Girls 2 mile - Runners will turn right onto the track



Heritage Hall XC - High School Boys 5K Map - Runners will turn right onto the track



NW 122ND STREET NORTH TRANCE NW 122ND ST.

CAMPUS ACCESS AND PARKING
OVERVIEW FOR Sat, Oct. 18



Overflow
bus parking

Bus parking
around oval

ENTER OAKLEY GATE NW 115TH STREET NO ACCESS McCLENDON GATE

